



<div><div><input type="checkbox"/> 24 YEARS OR YOUNGER</div><div><input type="checkbox"/> 25 YEARS OR OLDER</div></div> <div><input type="checkbox"/> PREGNANCY (TRIMESTER)<div><input type="checkbox"/> 1ST<input type="checkbox"/> 2ND<input type="checkbox"/> 3RD</div></div> <div><input type="checkbox"/> BREASTFEEDING</div> <div><input type="checkbox"/> POSTPARTUM</div>							
HEALTH PROFESSIONAL'S NAME						DATE	
<div><input type="checkbox"/> CPA<input type="checkbox"/> RD<input type="checkbox"/> Nutritionist<input type="checkbox"/> WIC Certifier</div>							
FOOD GROUP SUMMARY							
Meat & Meat Alternates	Milk & Milk Products	Bread & Cereal	FRUITS & VEGETABLES			Fats & Oils	Other Foods
			Vitamin C Foods	Dark Green	Other Fruits & Vegetables		
						USE IN MODERATION	
3½	4	6	1	1	3		
3½	4	7	1	1	3		
2½	4	6	1	1	3		
2½	3	6	1	1	3		

FOOD GUIDE FOR WOMEN

NUTRIENTS PROVIDED	1 SERVING PORTIONS	NUTRIENTS PROVIDED	1 SERVING PORTIONS
Protein, iron, riboflavin, niacin, vitamins B ₆ and B ₁₂ phosphorus and zinc	MEATS AND MEAT ALTERNATES	Vitamin C Fresh, frozen or canned forms may be used, although the vitamin C content of canned products is lower. Some foods normally considered to be an excellent source may not be listed due to the large serving size required.	VITAMIN C FOODS
	Meat, fish, poultry or game, 2 oz. Canned tuna or salmon, ½ cup Eggs, 2 Liver, 2 oz. Hot dogs, 2 Luncheon meats, 2 oz.		Juices: orange, grapefruit, ¾ cup; fruit juices enriched with vitamin C, ¾ cup Fruits: cantaloupe, ½ cup strawberries, ½ cup grapefruit, ½ tangerines, 2 small orange, 1 medium Vegetables: Broccoli, raw or cooked, ½ cup cauliflower, raw or cooked, ½ cup peppers, green or red, ½ cup tomatoes, 1 medium brussels sprouts, ½ cup
Protein, iron, thiamin, folate, zinc, phosphorus, magnesium, vitamins B ₆ and E	Peanut butter, 4 tbsp. Nuts, ½ cup Dried beans, peas or lentils cooked, 1 cup	Excellent or high source of folate. Also contains: vitamins A, E and B ₆ ; riboflavin, iron and magnesium	DARK GREEN
Calcium, vitamin D, riboflavin, protein, vitamins A, E, B ₆ , & B ₁₂ and magnesium For some people, milk and milk products serve as primary sources of protein in the diet.	MILK AND MILK PRODUCTS		1 cup raw or / cup cooked; asparagus, brussels sprouts, greens, such as: spinach, beet, mustard, and turnip
	Whole, 2% or skim, 1 cup Reconstituted nonfat dry or reconstituted evaporated milk, 1 cup Buttermilk, 1 cup Natural Cheese, 1½ oz. Cheese spread, 2 oz. Cottage cheese, creamed, 2 cup Cream soup made with milk, 1½ cups Ice cream, 1½ cups Pudding & custard made with milk, 1 cup Yogurt, 1 cup	Vitamin A, E & B vitamins, magnesium and phosphorus	OTHER FRUITS AND VEGETABLES
Thiamin, niacin, riboflavin, iron and phosphorus	BREADS AND CEREALS		½ cup servings includes all other fruits & vegetables The following are excellent sources of vitamin A; carrots, pumpkin, sweet potatoes, winter squash and greens.
Whenever possible, choose whole grain items such as whole wheat bread, oatmeal, shredded wheat, granola. These products provide more magnesium, zinc, fiber, folate and vitamins B ₆ and vitamin E.	Whole wheat and enriched bread, 1 slice Hot cereals, ½ cup Ready-to-eat cereals, ¾ cup Macaroni, noodles, spaghetti, cooked, ½ cup Rice cooked, ½ cup Cornbread, 1 piece (2"square) Roll, muffin, biscuit, 1 Crackers, 5 Tortillas, 1 Hamburger or hot dog bun, ½ Bagel or English Muffin, ½	Calories, essential fatty acids and vitamin E. Whenever possible, choose products made with corn, cottonseed, safflower, soy, sunflower oil or canola.	FATS AND OILS - Use in moderation
		High calorie, low nutrient containing foods	OTHER FOODS
			Sugars: cookies, cakes, pastries, jelly, candy, pop Salty: potato chips, corn chips, salt pork, pretzels, etc.

By eating the suggested number of servings listed on the front of the form, minimum caloric needs would be provided for each category. The plan can be adjusted to meet the caloric need variations of the individual. Additional calories can be provided by increasing the number of servings from any of the food groups, although extra servings from the bread, cereal and fruit/vegetable groups are recommended.

It is recommended that alcoholic beverages not be consumed during pregnancy and lactation.

Comments:
